

For those that struggle and suffer with anxiety and overthinking a super bad combo:

My old therapist told me something that really changed my thinking when I was on probation. it was intensive probation and i was facing a year if i screwed up but had to give them a year and a half of full time community control to stay out and have it taken off my record.. nearly daily i was in a class or meeting or drug test or social worker or court. i do not do well with any of these and often agoraphobic and reclusive who avoids people. it was very hard. i made it in the end.

I do not think i would have and likely would have went Capias(no show and warrant for arrest) had she not given me the following advice that changed my life and i am a better and much more pain free happier person to this day because of it.

She said: you worry about all these possible outcomes and while you imagine these things fear is felt and you in a way experience these mostly negative possible outcomes while imagining them and it feels like it is happening to you because it is in your mind and your expectations convince you immediately so you make yourself live it before you live it and likely repeatedly and obsessively and it almost always does not happen...

You can consider every possible outcome and justify it by thinking you planned for the worst so you will be ready for it but you must invite it and materialize it because being uncertain is almost worst than the bad outcome you imagined so unconsciously you will go towards it to resolve the dilemma and to free yourself of the uncertainty.

If the worst does rear its head and you thought it before hand you doing that wont assist you in better navigating the storm because some part of you unconsciously believes that misfortune is what you deserve which is always the case in and with low self esteem.

So your worry becomes self fulfilling prophesy and you are further weakened by it becoming reality.

Your self esteem lowered further

So you add another defeat to the defeat pile.

another injustice to the collected injustices.

You either beat yourself up non stop over things that you cant know and almost always does not end up happening or you ruin your life avoiding what you cant know and again almost always does not happen.

What could this other than you become depressed but mistakenly think it came from the worst outcome and this makes you want to give up.

You suffered for it before it happened and it happening changed nothing so you just lock it in and after a bout of depression you again start thinking of the next worst outcomes while never shedding the previous and you can't escape it.

you do not deserve misfortune but you expect it and invite it and the depression is not caused by the outcome but by the pondered premonition and the fulfillment of the self-fulfilling prophecy you gravitate towards.

You can imagine 1,000 possible outcomes and still not predict it but you in your mind suffered 1,000 defeats because of 1 fear and a bad thing happened you did not think of so that makes 1004 defeats.

1000 for the possibles you imagined

1 for the fear that triggered it.

1 for not predicting it which is the goto justification to yourself and others.

1 for the actual misfortune that occurred and

1 for the compounded and snowballed depressive defeat that will follow.

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Or you do predict it and it happens.

1000 possible you imagined

1 for the fear that triggered it

1 for the predicted outcome happening

-1 for the satisfaction of foresight

+2 for the even further lowered esteem and collected injustice.

+1 for the compounded and snowballed depressive defeat to follow.

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Or you can get it wrong all together and:

1000 possibles imagined

1 for fear that triggered it

-100 for nothing bad coming to pass

+100 for how silly you feel for worrying and realizing all the time and energy you devoted to what was not even a thing.

If you did not do this how many defeats would you suffer?

Maybe 1...

Only 1 thing can and will happen and you have no way of knowing which 1 thing that will be so....

Try to live life free of the worry of 1000s of things that wont happen and just deal with those 1 things 1 thing at a time as they come and your mind will be much more peaceful and you will be a lot happier and thank yourself for it.

Thank You So very much Jen H

~Thomas